HIGH PERFORMANCE FOUNDER / FINISH 2026 STRONG

FREE RESOURCE · GROW

THE FREE 3-PROGRAM RESOURCE GUIDE

Three ready-to-run programs plus the trackers to finish 2026 strong. Pick the one that fits your calendar, run it to December 31, and walk into 2027 ahead instead of starting over.

- 2-DAY ESSENTIALS PROGRAM
- 3-DAY FULL-BODY PROGRAM
- AT-HOME DUMBBELL OPTION
- CALORIE, WEIGHT + PROGRESSION TRACKERS



DAN GO

#1 FITNESS COACH FOR FOUNDERS, EXECS & HIGH-PERFORMERS

START HERE

DON'T WAIT FOR JANUARY.

Every year the same thing happens. Founders write off the last two months, ride the holiday chaos, and promise themselves they'll "start fresh" in January. Then January shows up and they're starting from behind.

Flip it. The final stretch of the year is the best time to build momentum, because almost nobody else is. If you finish 2026 with 8 weeks of training logged, you don't need a New Year's resolution. You need to keep going.

This guide gives you three programs. They're a practical starting point, not a one-size-fits-all prescription. Pick one, track it, and adjust one lever at a time.

PICK YOUR PROGRAM

PROGRAM	DAYS	WHERE	BEST IF…
1. The 2-Day Essentials	2 / week	Gym	Your calendar is slammed or you travel most weeks
2. The 3-Day Full-Body	3 / week	Gym	You can protect three slots and want the fastest progress
3. The At-Home Dumbbell Option	2–3 / week	Home	You'd rather not commute to a gym. Dumbbells + floor space.

Then use the **trackers** (pages 9–11) every week: calories and weight, training progression, and your finish-line calendar.

ABOUT DAN GO

I help high-achieving business owners, founders and executives get in shape in a way that fits their lifestyle. I spent 15 years coaching thousands of clients while growing one of the highest-rated gyms in Canada. In 2018, I left the gym world to focus on the patterns I saw in entrepreneurs that actually got long-term results. Since then I've helped over 1,000 entrepreneurs lose weight, increase energy and feel more confident in their bodies through proven systems and high amounts of accountability.

> **Before you start:** Consult your doctor before starting any new exercise or nutrition program, especially if you have a medical condition, an injury, or take medication. This guide is for education, not medical advice. Stop any exercise that causes pain.

PROGRAM 1 · GYM · 2 DAYS

PROGRAM 1: THE 2-DAY ESSENTIALS

Two full-body sessions with at least one recovery day between (e.g. Mon / Thu). Start with a 5-minute warm-up. About 40–45 minutes.

DAY A MON

#	EXERCISE	SETS × REPS	REST	SWAP
1	**Leg press**	**3 × 8–12**	2 min	Goblet squat
2	**Romanian deadlift**	**3 × 8–12**	2 min	DB RDL
3	**DB bench press**	**3 × 8–12**	90 sec	Machine chest press
4	**Cable row**	**3 × 8–12**	90 sec	Chest-supported row
5	**Plank**	**2 × 30–45 sec**	60 sec	Dead bug

DAY B THU

#	EXERCISE	SETS × REPS	REST	SWAP
1	**Goblet squat**	**3 × 8–12**	2 min	DB front squat
2	**Hip thrust**	**3 × 10–12**	2 min	Glute bridge
3	**DB shoulder press**	**3 × 8–12**	90 sec	Landmine press
4	**Lat pulldown**	**3 × 8–12**	90 sec	Assisted pull-up
5	**Pallof press**	**2 × 10 / side**	60 sec	Side plank

> **The essentials rule:** two sessions you actually do beat three you skip. Lock these two slots in your calendar like a board meeting.

PROGRAM 2 · GYM · 3 DAYS

PROGRAM 2: THE 3-DAY FULL-BODY

Monday / Wednesday / Friday, or any 3 non-consecutive days. Every major muscle gets hit more than once a week. About 40 minutes.

MON DAY 1

#	EXERCISE	SETS × REPS	REST	SWAP
1	**Goblet squat**	**3 × 8–12**	2 min	Leg press
2	**DB Romanian deadlift**	**3 × 8–12**	2 min	RDL
3	**Push-up**	**3 × 6–15**	90 sec	DB bench
4	**Row**	**3 × 8–12**	90 sec	Cable row
5	**Plank**	**2 × 30 sec**	60 sec	Dead bug

WED DAY 2

#	EXERCISE	SETS × REPS	REST	SWAP
1	**Reverse lunge**	**3 × 8 / side**	90 sec	Step-up
2	**Hip thrust**	**3 × 10**	2 min	Glute bridge
3	**DB press**	**3 × 8–12**	90 sec	Machine press
4	**Pulldown**	**3 × 8–12**	90 sec	Assisted pull-up
5	**Dead bug**	**2 × 10**	60 sec	Pallof press

FRI DAY 3

#	EXERCISE	SETS × REPS	REST	SWAP
1	**Leg press**	**3 × 10**	2 min	Goblet squat
2	**Romanian deadlift**	**3 × 8–12**	2 min	DB RDL
3	**DB bench**	**3 × 8–12**	90 sec	Push-up
4	**Cable row**	**3 × 8–12**	90 sec	DB row
5	**Farmer carry**	**2 × 40 sec**	60 sec	Suitcase carry

> **Save time:** superset the press and the row (one, then the other, rest 60–90 sec after the pair).

PROGRAM 3 · HOME · 2-3 DAYS

PROGRAM 3: AT-HOME DUMBBELL

Dumbbells + bodyweight. Run Day A and B for 2 days a week, or all three on non-consecutive days. Stop with 1–3 good reps in reserve.

DAY A MON

#	EXERCISE	SETS × REPS	REST	SWAP
1	**Goblet squat**	**3 × 8–12**	2 min	Box squat
2	**DB Romanian deadlift**	**3 × 8–12**	2 min	Glute bridge
3	**Push-up**	**3 × 6–15**	90 sec	DB floor press
4	**One-arm DB row**	**3 × 10 / side**	90 sec	Chest-supported DB row
5	**Dead bug**	**2 × 10**	60 sec	Reverse crunch

DAY B WED

#	EXERCISE	SETS × REPS	REST	SWAP
1	**Reverse lunge**	**3 × 8 / side**	90 sec	Split squat
2	**Glute bridge**	**3 × 12–15**	90 sec	DB hip thrust
3	**DB overhead press**	**3 × 8–12**	90 sec	Pike push-up
4	**DB row**	**3 × 8–12**	90 sec	One-arm DB row
5	**Side plank**	**2 × 30 sec / side**	60 sec	Dead bug

DAY C FRI

#	EXERCISE	SETS × REPS	REST	SWAP
1	**Split squat**	**2 × 8 / side**	90 sec	Step-up
2	**DB Romanian deadlift**	**2 × 10**	2 min	DB sumo deadlift
3	**DB floor press**	**2 × 10**	90 sec	Push-up
4	**DB row**	**2 × 10**	90 sec	Chest-supported DB row
5	**Farmer carry**	**2 × 40 sec**	60 sec	Suitcase carry

Dumbbells feel too light? Slow the lowering to 3 seconds, pause at the bottom, or cut rest by 15 seconds.

PROGRESSION

4 WEEKS OF SMART PROGRESSION

If you don't force a muscle to do more than it's used to, it has no reason to change. Run this 4-week wave twice to take you to the end of the year. Record loads and reps every session.

WEEK	WHAT TO DO
Week 1 · 5	Select a load that leaves about 2–3 reps in reserve.
Week 2 · 6	Add 1 rep per set where form stays strong.
Week 3 · 7	Reach the top of the rep range, then add a small weight increment.
Week 4 · 8	Repeat, or reduce the workload if fatigue is piling up (holiday weeks count).

SWAP THE EXERCISE, KEEP THE PATTERN

PATTERN	SUBSTITUTIONS
Squat	Goblet / front squat / leg press
Hinge	RDL / hip thrust / deadlift variation
Push	Push-up / DB bench / machine press
Pull	DB row / cable row / pulldown
Core	Dead bug / Pallof press / carry

MORE WAYS TO DO MORE

- Lift more weight
- Do more reps with the same weight
- Same weight through a bigger range of motion
- Same weight and reps with less rest

- Same weight with better form and more control
- More work in the same amount of time
- The same work in less time
- The same workouts more often across the week

All of these assume good form. Especially over 35.

NUTRITION + CARDIO

SET YOUR CALORIES

Start with an estimate, then let your weight trend tell you what to change. No guessing, no crash diets.

THE 4-STEP SETUP

1. Track your current intake and morning weight for 7–14 days (calorie tracker, page 9).
2. For fat loss, aim for about 300–500 calories a day below your estimated maintenance.
3. Target about 0.5–1% of body weight lost per week, at most.
4. Adjust after 2–3 weeks based on the trend, not one weigh-in.

PROTEIN FIRST

0.7 to 1 g per pound of your goal body weight per day, split across 3 meals: at least 30–40 g per meal.

Start at the low end. Move up if you lift 3+ days a week or you're losing fat while keeping muscle.

Shrink carb portions before you shrink protein.

EAT ON A SCHEDULE

Three meals, protein at every one, about 30 g of fiber across the day, and a hard stop: last meal 3–5 hours before bed. Example for a 10pm bedtime: 7–9am, 12–2pm, 5–7pm.

CARDIO WITHOUT HATING LIFE

TYPE	SIMPLE WEEKLY PLAN
Walking	7,000–10,000 steps a day as a flexible target. Walking meetings and a treadmill desk count.
Zone 2	2 × 20–30 min at a conversational pace
Optional	1 × 8–12 min of hard intervals, only if you're recovered
Rule	Choose sustainable activity. Consistency beats punishment.

HOLIDAY-PROOF

SURVIVE THE HOLIDAY SEASON

The last two months bring parties, travel and year-end deadlines. Success isn't about being perfect. It's about staying in motion.

10K STEPS
Every day, wherever you are.

100 G+ PROTEIN
The floor, even on chaos days.

7 HOURS SLEEP
Protect it like a meeting.

These are your **3 daily non-negotiables**. Simple, repeatable floor-level habits that keep you in control when everything else isn't. Avoid all-or-nothing thinking: one missed meal or late night shouldn't spiral into a lost week.

PARTIES + RESTAURANTS

- Order the protein first: steak, fish, chicken, a bunless burger
- Swap fries for a baked potato, beans or vegetables
- Steakhouse: steak, veggies, side salad. Italian: grilled protein + salad, share the pasta
- Book earlier reservations so you finish 3h before bed

TRAVEL

- Pack single-serve protein and an electrolyte mix
- Hotel breakfast: eggs, yogurt, fruit. Skip the pastries
- Hotel room: push-ups, squats, lunges, planks, as many good reps as possible for 2 sets
- Eat and sleep on destination time from the moment you board

3 QUESTIONS TO ASK EVERY DAY

QUESTION	WHY
01 What is the minimum?	My non-negotiable movement or nutrition action today.
02 What could derail me?	The meeting, travel day or stressor that needs a backup plan.
03 Did I keep my word?	Did I execute the process, even imperfectly?

One off-plan meal doesn't undo a week. Make the next meal on-plan and keep going.

TRACKER 1 · PRINT WEEKLY

CALORIE + WEIGHT TRACKER

Weigh in each morning after the bathroom, before food. Log the day's totals at night. Watch the weekly average, not the daily number.

Week of: _____ **Calorie target:** _____ **Protein target:** _____ g

DAY	AM WEIGHT	CALORIES	PROTEIN (G)	STEPS	WORKOUT ✓	SLEEP (H)
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						
Weekly avg						

8-WEEK SUMMARY

	AVG WEIGHT	CHANGE	AVG CALORIES	AVG PROTEIN	WORKOUTS	AVG STEPS
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						

Losing more than ~1% of body weight a week, or nothing for 2–3 weeks? Adjust your calories based on the trend and re-check in 2–3 weeks. Change one lever at a time.

TRACKER 2

8-WEEK PROGRESSION TRACKER

Write the weight × reps of your best set for each exercise, every week. If a number goes up, you're winning.

Program: ☐ 1. 2-Day Essentials ☐ 2. 3-Day Full-Body ☐ 3. At-Home Dumbbell

EXERCISE	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8

Example entry: 35 × 10. Hit the top of the rep range on all sets? Add weight next week and write the new number.

TRACKER 3

THE 2026 FINISH LINE

Mark every workout day with W, every 10K-step day with S. Don't break the chain. Write the date range next to each week.

	MON	TUE	WED	THU	FRI	SAT	SUN	WINS
Week 1	☐	☐	☐	☐	☐	☐	☐	
Week 2	☐	☐	☐	☐	☐	☐	☐	
Week 3	☐	☐	☐	☐	☐	☐	☐	
Week 4	☐	☐	☐	☐	☐	☐	☐	
Week 5	☐	☐	☐	☐	☐	☐	☐	
Week 6	☐	☐	☐	☐	☐	☐	☐	
Week 7	☐	☐	☐	☐	☐	☐	☐	
Week 8	☐	☐	☐	☐	☐	☐	☐	

YEAR-END REVIEW

WHERE I STARTED

Date: _____ Weight: _____ Waist: _____

Best lift: _____

WHERE I FINISHED 2026

Date: _____ Weight: _____ Waist: _____

Best lift: _____

WHAT WORKED

_____

_____

MY FIRST LEVER FOR 2027

_____

_____

YOUR NEXT STEP

YOU HAVE THE PLAN. NOW RUN IT.

Here's the whole thing on one page:

- **Pick one program:** 2-day essentials, 3-day full-body, or at-home dumbbells.
- **Progress in 4-week waves:** add reps, then weight. Log every session.
- **Set calories from data:** track 7–14 days, then ~300–500 below maintenance.
- **Hold the floor:** 10K steps, 100 g+ protein, 7 hours of sleep. Every day.
- **Finish 2026 ahead,** not starting over in January.

Systems beat motivation. Pick your days, put them in your calendar like a board meeting, and track every session. What gets measured gets managed.

Want a coach to build this around your schedule? Reply to the DM and we'll set up a quick call.

On the call we'll look at where you are, where you want to be, and what a plan built around your calendar, travel and family would look like. No pressure. Just clarity.

Onward and upward,
— Dan

Consult your doctor before starting any new exercise or nutrition program, especially if you have a medical condition, an injury, or take medication. This guide is for education, not medical advice. Stop any exercise that causes pain.